



## The REACH Model for Forgiveness

When talking about forgiveness it is important to know that forgiveness is not for the other person, it is for *you*! You have the power to let go, drop the grudge, and move on. It benefits the heart, soul, and mind to forgive, and by using the REACH model established by clinical psychologist and professor Everett L. Worthington, Jr., Ph. D., you can learn how.

Let's take a look at what each letter stands for as it may be helpful as a wellness practice.

R stands for recalling the hurt. Think of the past and the event you are ruminating about to begin the forgiveness process. By recalling the hurt you remember what happened, but it is important to not treat yourself like a victim. By painting the picture as an objective one, with the other person portrayed as a human being rather than an evil person who did you wrong, you are able to see it with a new perspective.

E stands for empathizing with the other person. Imagine you are sitting in a chair across from the person you want to forgive. Tell them everything you want to say. Get it all out. This is your time to let go of the words you have to say. Now, get out of your chair and sit in theirs. Tell yourself what the other person would say about why they treated you the way they did. Show empathy. This will help you start to feel compassion towards them and will help you heal from the hurt.

A stands for the altruistic gift that forgiveness is. By giving forgiveness you are giving an unselfish, altruistic gift. We know how good it feels to be forgiven. And by you doing so you are passing along something to a person who really needs it.

C stands for committing. Remind yourself that you do in fact forgive them. You have done the work and forgive the one who wronged you. Commit to not holding the grudge any longer and be free of the burden.

H stands for holding on. Write it down. Remember it. It is normal to still feel sad and angry about your situation- these feelings have nothing to do with forgiveness. When you are feeling those emotions, acknowledge them and remind yourself of the forgiveness you have worked for. Hold on to the forgiveness you have extended.

To read more: <http://www.evworthington-forgiveness.com/reach-forgiveness-of-others>